



Living Dharma: Teachings and Meditation Instructions from Twelve Theravada Masters

By Jack Kornfield

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In this book, Jack Kornfield presents the heart of Buddhist practice as taught by twelve highly respected masters from Southeast Asia. These renowned teachers offer a rich variety of meditation techniques: the practices include traditional instructions for dissolving the solid sense of self, for awakening insight, for realizing Nirvana, and for cultivating compassion for all beings.

Jack Kornfield's first three chapters give an overview of Buddhist philosophy and, specifically, the meditation practices of Burma, Thailand, and Laos. The teachings in this volume are from Achaan Chaa, Mahasi Sayadaw, Sunlun Sayadaw, Achaan Buddhadasa, Achaan Naeb, Achaan Maha Boowa, Tuangpulu Sayadaw, Mohnyin Sayadaw, Mogok Sayadaw, U Ba Khin, Achaan Dhammadaro, and Achaan Jumnien.

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Editorial Review

Review

“Essential principles of Buddhism are outlined and placed in a modern context. A useful, practical guide to the art of meditation.”—*Library Journal*

“Jack Kornfield has performed an admirable service by introducing to the Western world a host of accomplished Buddhist teachers from Burma, Thailand, and Southeast Asia. He writes from a wealth of personal experience, describing the various nuances of personal style and particular teachings of a wide range of Buddhist teachers. It is an enjoyable and inspiring spiritual odyssey and is highly recommended for both the beginner and for the seasoned meditator.”—*Yoga Journal*

About the Author

Jack Kornfield is one of the key teachers to have brought Buddhist mindfulness practice to the West. He is the cofounder of the Insight Meditation Society in Barre, Massachusetts, and Spirit Rock Meditation Center in Woodacre, California. His books include *After the Ecstasy, the Laundry; The Art of Forgiveness, Lovingkindness, and Peace; Meditation for Beginners; and The Wise Heart*.

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